




Effective 9-9-18	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cycling - Jeanette	Cycling - Jess		Step Xtreme - Kelly	Cycling - Jackie/Missy	
		HIIT- 		HIIT		
5:45 AM						
6:00 AM				Power Vinyasa - Callie		
6:30 AM		Yoga Stretch - Callie				
7:15 AM						HIIT
8:00 AM		Silver Sneakers - Misti	Adaptive Yoga - Lori	Silver Sneakers - Gail	Yoga Stretch - Ann	Mind & Body - Ned
						
9:00 AM	Water Aerobics - Juliette		Water Aerobics - Lori		Boxing Bootcamp - Juliette	
	Sculpt & Sweat - Kelly					
9:15 AM	HIIT	Cycling - Jackie	HIIT	Cycling - Jess		
10:00 AM	Fluid Yoga - Katie		Align & Flow Yoga - Jackie		Vinyasa Flow - Angela	
						
10:15 AM					<h2 style="text-align: center;">Fit Stop Health Club Group Fitness Schedule</h2> <p>Gym Hours</p> <p>Monday - Thursday: 5am - 10pm Friday: 5am - 8pm Saturday: 7am - 8pm Sunday: 9am - 4pm</p> <p>Child Care Hours</p> <p>Monday - Friday: 8:45am - 12pm Monday - Thursday: 4:15pm - 7:30pm Saturday: 8am - 11pm Sunday: CLOSED</p>	
11:30 AM						
4:30 PM	Simple Yoga - Jackie			Simple Yoga - Jackie		
						
5:00 PM						
5:30 PM						
5:45 PM	Cycling - Jackie/Missy		Cycling - Ebony			
6:00 PM						
6:30 PM	HIIT		HIIT			
7:00 PM		Yoga Fundamentals - Ned				